

What's on the Menu?

Week A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cheerios Cereal Orange Juice Applesauce Milk	Golden Oat Belvita Bar Banana Milk	Bagels with Cream Cheese Apple Slices Applesauce Milk	Cheerios Cereal Orange Juice Applesauce Milk	Blueberry Crumb Muffin Cantaloupe Chunks Banana Milk
MORNING SNACK	Graham Crackers Applesauce Water	Blueberry Greek Yogurt Apple Slices Banana Water	Strawberry Nutri-Grain Bar Fresh Pineapple Chunks Applesauce Water	Animal Crackers Banana Water	Banana Bread Applesauce Water
LUNCH	Roasted Marinated Chicken Breast String Cheese or Yogurt Yellow Rice Peas Pineapple Tidbits Milk	Dino Chicken Bites String Cheese or Yogurt Maple Roasted Sweet Potatoes Mixed Melon Banana Milk	Herbed Tomato Pizza California Gold Blend Vegetables Applesauce Milk	Pretzel Turkey Melt w/ Honey Mustard Pretzel Cheese Melt Mixed Vegetables Apple Slices Applesauce Milk	Build Your Own Burrito Jasmine Rice Shredded Chicken Shredded Cheese Black Beans, Corn, Salsa Mandarin Oranges Banana Milk
AFTERNOON SNACK	Assorted Crackers Fresh Pepper Strips w/ Ranch Water	Mini Muffins Mixed Berries Pureed Mixed Berries Water	String Cheese Fresh Cucumber Coins w/ Ranch Water	Goldfish Crackers Dried Cranberries Pureed Cranberries Water	Wheat Thins Diced Fresh Cucumbers Hummus Water

Vegetarian Alternative ■ Infants & Toddlers



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style



BRIGHT HORIZONS AT UIHC Child Care Center

What's on the Menu?

Week B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cheerios Cereal Orange Juice Applesauce Milk	Blueberry Belvita Bar Banana Milk	Bagels with Cream Cheese Apple Slices Applesauce Milk	Cheerios Cereal Orange Juice Applesauce Milk	Blueberry Crumb Muffin Fresh Cantaloupe Chunks Banana Milk
MORNING SNACK	Strawberry Nutrigrain Bar Applesauce Water	Strawberry Greek Yogurt Apple Juice Water	Graham Crackers Sliced Peaches Water	Animal Crackers Cheese Cubes Water	Poppyseed Bread Banana Water
LUNCH	Macaroni and Cheese Californian Gold Blen Vegetables Pineapple Tidbits Applesauce Milk	Vegetarian Chili Cheese Bosco Stick Mixed Vegetables Cantaloupe Chunks Pureed Cantaloupe Milk	Egg, Cheese, Sausage Burrito Hardboiled Egg Hashbrown Patty Mandarin Oranges Banana Milk	Meatball Sub w/ Provolone Cheese (No Meatballs) Steamed Broccoli Banana Milk	Chicken and Cheddar Cheese Quesadilla Cheddar Cheese Quesadilla Spanish Rice Corn Mandarin Oranges Applesauce Milk
AFTERNOON SNACK	Assorted Crackers Fresh Shredded Carrots w/ Ranch Water	Cottage Cheese Fresh Pepper Strips Hummus Water	Goldfish Crackers Fresh Cucumber Coins w/ Ranch Water	Wheat Thins Shelled Edamame Beans Water	Mini Muffins Blueberries Pureed Blueberries Water

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